

LGBTQ+ EDUCATIONAL CONTENT

SOCIAL MEDIA & INTERNAL CONVERSATION
SUGGESTIONS TO INCREASE AWARENESS ON
LGBTQ+ TOPICS



October Content

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Services for
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Month of October

International Day of Older Persons! On this day, let us reaffirm our commitment to upholding the rights of older LGBTQ individuals and honoring their resilience and strength. Together, we can create a world where all older persons, regardless of their sexual orientation or gender identity, live with dignity, respect, and equality.

October is **LGBTQ+ History Month**, and we are celebrating historic milestones for the queer community all month long! Did you know that on this day in 2014, the US Supreme Court expanded same-sex marriage to five states?

Happy World Teacher's Day! Educators play a crucial role in creating safe, inclusive, and supportive environments where every student can thrive, and we honor those heroes today who inspire and uplift our future leaders. We offer a specific and heartfelt thank you to all the educators who champion inclusivity, making a lasting difference in the lives of LGBTQ+ people.

Happy International Lesbian Day! We celebrate and honor lesbians around the world. From trailblazing activists to everyday heroes, lesbians have always been at the forefront of the fight for equality and inclusion. Cheers to celebrating love in all its forms, and honoring those older lesbians who have led the way!

Today we recognize two important observances: **World Homeless Day** and **World Mental Health Day**. For many older LGBTQ+ individuals, these issues intersect in profound ways. Older LGBTQ+ people often face unique challenges, including discrimination and lack of family support, which can lead to housing instability and increased mental health struggles. We continue to advocate for inclusive policies and change that help ensure our older LGBTQ+ community members have the dignity, security, and mental well-being they deserve.



Happy National Coming Out Day! Today, join us in celebrating the courage and authenticity of all who come out and live openly as their true selves. Let's especially honor our LGBTQ+ elders who have paved the way for future generations. Their stories of resilience and bravery remind us that it's never too late to be who you are.

October is Breast Cancer Awareness Month, with today being Metastatic Breast Cancer Awareness Day. Did you know LGBTQ+ people tend to have a higher risk for breast cancer? We encourage everyone, especially LGBTQ+ people, to speak to their healthcare providers about mammograms, as early detection saves lives.

Today is **National Latinx AIDS Awareness Day**. We unite today to raise awareness about HIV/AIDS in the Latinx community, emphasizing the importance of education, testing, and treatment, especially among our cherished older people. Let's take this opportunity to honor those we've lost, support those who are affected, and pledge to continue promoting health, hope, and healing.

Today is **International Pronouns Day**! Respecting someone's personal pronouns is one simple but powerful way to affirm the experiences and identities of our LGBTQ+ folks. If you're an ally, please consider making a habit of sharing your pronouns and adding them to your email signature at work! Normalization goes a long way in lightening the onus on LGBTQ+ people who've faced discrimination or misgendering. #PronounsDay

Today is **International Day for Eradicating Poverty**. We stand united to highlight the challenges of poverty, which affect diverse communities worldwide, including many within the LGBTQ+ community. This day focuses on the economic challenges that disproportionately impact LGBTQ+ seniors, who often face unique social and financial barriers. Older individuals are encouraged to use SAGECents to learn about financial resources available for older LGBTQ+ people.

Today is **Spirit Day**—the world's most visible anti-bullying movement focused on LGBTQ+ youth! According to GLAAD, while acceptance of LGBTQ+ individuals is at an all-time high, so too are anti-LGBTQ+ discrimination and bullying. Bullying affects individuals of all ages, and we encourage all allies and members of the LGBTQ+ community to remain vigilant and call out injustices wherever they occur. #SpiritDay

Today marks the first day of **Ace Week**! This annual campaign is intended to bring awareness, build community, and create change for Ace people throughout the world. Did you know that Ace refers to the identities that fit within the asexual spectrum. Learn more about these identities here: [Today, we celebrate Bisexual Visibility Day! Want a simple way to fight bi erasure and increase bisexual visibility? Just don't assume people are straight or gay based on the gender of the person they are currently dating!](#)

"Intersex" is an umbrella term for people with variations in their sex traits. Today, on **Intersex Awareness Day**, we commemorate the anniversary of the first public protest by intersex people in the United States, which called for protections against medical abuse. Did you know that approximately 2% of the population is intersex? Learn more here:

On this day in 10/29/1957, Rachel Levine was born. Join us in celebrating her accomplishments as the highest-ranking openly transgender government official in US history! Today, she is the 17th Assistant Secretary for Health for the U.S. Department of Health and Human Services. Happy Birthday, Dr. Levine!

Happy Halloween! Halloween gives us a chance to be whoever we want to be, which is perhaps why LGBTQ+ people have historically loved celebrating it. This year, let's remember that everyone deserves the chance to be whoever they want to be—not just on Halloween, but every day!

Monthly Observances:

•**LGBTQ+ History Month:** This October, we honor the trailblazers and heroes who have paved the way for LGBTQ+ rights and recognition. LGBTQ+ History Month is a time to reflect on our rich history, the struggles we've overcome, and the triumphs we continue to celebrate. Here's to making history, every day!

•**National Bullying Prevention Month:** Did you know that October is National Bullying Prevention Month? This month, we stand together as a community to raise awareness about the importance of bullying prevention—not just for the young! Bullying can impact all of us, threatening our dignity and well-being. Let's use this time to reinforce our commitment to kindness, understanding, and inclusivity. Join us in promoting respect and support across all generations this month. Let's show that in our community, there's no place for bullying!

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